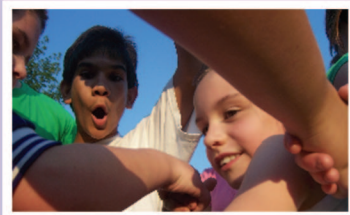


Living Life to the Fullest

National and Local Support

The Therapeutic Recreation Services staff wish to thank and acknowledge the following sponsors:

"SPorts, Arts & Recreation of Chattanooga S.P.A.R.C.",
• Blaze Sports of America, • USGA and the C.H.I.P.S Golf Program, • US Paralympics, • the PlayCore Corporation, • UNUM, • Orange Grove Center, • the Brainerd Optimist Club, • Chattanooga Rowing Club, • Creative Discovery Museum, • Siskin Children's Institute, • Signal Centers, • the Tennessee Council on Disabilities, • the Mayor's Council on Disabilities, • Tyner Academy, the University of Tennessee at Chattanooga, and the many local businesses that continue to support this program.



Special thanks to our wonderful parents and participants!

Let Us Hear From You

Send us your email address and we will keep you up-to-date on upcoming programs, "spontaneous" events, and related community happenings. We welcome ideas, input, and ways to better serve you. We need caring volunteers and ask anyone interested in helping with our programs to contact Therapeutic Recreation Services.

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City of Chattanooga Therapeutic Recreation Services



Focusing on Abilities

1254 East Third Street
Chattanooga, TN 37404



**PARKS AND
RECREATION**

Our Mission

The mission of Therapeutic Recreation Services for the Chattanooga Parks and Recreation Department is to provide leisure and recreation opportunities for citizens of all abilities. We serve youth and adults with physical, cognitive, and/or emotional disabilities. Through our adaptive programming, education, and advocacy we help individuals improve physical and cognitive abilities, expand support and social networks, build independence and confidence, and enhance overall quality of life.



What is Therapeutic Recreation?



Practiced in clinical, residential, and community settings, the profession of Therapeutic Recreation uses treatment, education, and recreation services to help people with illnesses, disabilities, and other conditions to develop and use their leisure and free time in ways that enhance their health, independence and well-being (Approved by National Therapeutic Recreation Society Board of Directors, February 4, 1994).



The City of Chattanooga's Therapeutic Recreation Services staff provide programs for over 6,000 individuals, with and without disabilities, on an annual basis in the areas of sports, outdoor recreation, social outings, arts and enrichment, and special events.

Therapeutic Recreation Services were developed in 2000 in response to an expressed need by local citizens for specialized programming that served people who have disabilities. Elaine Adams was instrumental in developing Therapeutic Recreation Services with the mind set that leisure and recreation are an important part of everyone's life. Ms. Adams explains, "individuals with special needs also need recreational opportunities and, such programs make a difference not only in terms of quality of life, but in physical rehabilitation, life skills, character building, and therapeutic work."

Both Ms. Adams and Ms. Hockinson are Certified Therapeutic Recreation Specialists and utilize the city's parks and recreation department program divisions, facilities, outdoor recreational resources, and personnel in providing inclusive services.



Therapeutic Recreation Services

Programs & Events

The Therapeutic Recreation Services staff develop and facilitate a wide range of programs that focus on the emotional, social, physical, and cognitive needs of participants. Although the programming serves individuals who have disabilities, we welcome and strive to include everyone.

Sports

We are proud to be a BlazeSports Club and U. S. Paralympic Sports Club. Sports activities adapted for participants with physical and/or cognitive disabilities include: basketball, wheelchair basketball, adaptive golf, wheelchair tennis, soccer, power wheelchair soccer, cheerleading, bowling and more.



Outdoor Activities

Chattanooga has the natural beauty of mountains, lakes, and rivers close by. Through partnerships with "SPorts, Arts and Recreation of Chattanooga" (SPARC) and other local groups, we are able to offer clinics in water sports, adaptive rock climbing, adaptive cycling as well as rowing, fishing, disc golf, canoeing, hiking, and interactive games.

Arts & Enrichment

Therapeutic Recreation Services staff coordinate local artists who provide adaptive dance, painting, pottery, and craft projects. Experts in the areas of Tai Ji, Tae Kwon Do, and Fitness also work with the TR staff to make these activities and classes accessible.

Social Activities

We encourage the development of friendships, life-skills and socialization through special events, seasonal celebrations, camps and group activities. In addition to many activities geared to families, our adult social group participates in dances, movies, picnics, and a variety of outings.



Cheerleaders involve the spectators at Chattanooga Lookouts Baseball Team's Home Game with original songs, chants, and stunts learned at "Cheer-Ability" classes.



Adaptive cycling is made possible by SPorts, Art & Recreation Chattanooga (S.P.A.R.C.)



Individuals recovering from traumatic brain injuries were able to raise community awareness and share their stories by painting murals in the "Express & Progress" project.



Therapeutic Recreation Services provide an adaptive golf cart at Brown Acres Golf Course.



Parachute game at Camp Zoo-Ability, Therapeutic Recreation Services summer day camp.



A Spring Prom at the City's historic Heritage House Mansion gave adult participants a formal occasion of dancing, refreshments, and socializing.

Education & Advocacy

Therapeutic Recreation Services staff devote a great deal of time to educating the public on what they do, as well as providing insight on such topics as 'person first language' and disability etiquette. Staff conduct and facilitate workshops for children and adults, provide employer in-service programs, and meet with community interest groups.

Accessibility Awareness

The Therapeutic Recreation Services staff are tireless advocates for accessibility. The city has made an effort to insure parks, recreation facilities, and public spaces accommodate individuals of all abilities. Several indoor pools, the zoo, the championship tennis facility, many local attractions, and softball facilities are now ADA accessible.



The PlayCore Corporation installed the city's first accessible playground in 2003.

Training

The importance of education and advocacy also relates to the training and preparation of new professionals in the field. The division has an internship program and college credit course study for students seeking (and schools' requiring) on-the-job experience.

Community Wide Effort

We continually evaluate the effectiveness and outcomes of our programs. To research new methods of adapting activities and insure that we are meeting the communities' needs, we hold open house events, coordinate training programs with both local and national resources, and facilitate public forums. Family members and friends play an integral part, not only in supporting the participants, but in promoting education, outreach, and visibility.